

WHAT I CAN DO...

- Tell a story about an event that happened in the past
- Ask “Why?” questions
- Count to 10
- Share toys with other children
- Take on roles during dramatic play
- Try to do things by myself
- May not distinguish between fantasy and reality
- Sometimes I am afraid of something I was not afraid of before
- Show a variety of emotions
- Understand other people’s feelings
- Catch a ball
- Throw a ball towards a person
- Jump a distance of 12+ inches
- Stack a tower of blocks and build structures
- Go to the bathroom by myself
- Eat only certain foods one week and then change preferences the following week

42 - 48 MONTHS

(3½ - 4 YEARS)

HOW YOU CAN HELP ME...

- Talk to me and listen to what I have to say
- Answer my questions
- Let me be independent, but set boundaries
- Give me simple jobs to complete with several steps
- Let me eat foods I like today; I will change food preferences next week
- Give me a new food along with a favorite food; give it to me with 10-15 meals before you decide that I do not like it
- Give me toys that make me think and use my imagination
- Know that I might be scared because of magical thinking (e.g., monster under my bed)
- Let me play outside and talk with me about what we see
- Read to me daily

WHEN TO TALK TO MY DOCTOR...

- I do not want to play with other children
- I have difficulty with following a class or home routine
- I have trouble eating, sleeping, or toileting by myself
- I only eat five foods and refuse all other foods
- I play with toys in only one way; I have not started pretend play
- I have trouble playing on playground equipment
- I only play with toys or people for 2-3 minutes before losing interest